



**Fitness** in the park  
[www.saparksandrec.com](http://www.saparksandrec.com)

March 2021

COVID-19 SAFETY  
PROTOCOLS ENFORCED

See p. 4

Garza Park

Fitness in the Park is a year-round free exercise program that brings a variety of indoor and outdoor fitness classes throughout San Antonio. Getting started is easy! Just take a look at the current schedule and join us. There is no registration required. Classes are open to all fitness levels.



**@SAParksandRec**

WEATHER HOTLINE (210) 207-3128



CITY OF SAN ANTONIO  
PARKS & RECREATION



# Fitness in the Park Instructor Bio:

## Michael Jones

SPOTLIGHT

- Michael Jones has been teaching fitness classes for over 25 years! The first 18 of those years was as a Master Fitness Trainer with the United States Army where Michael was tasked with conditioning Army Soldiers. After retiring from the military, Michael began instructing classes for the Fitness in the Park program as a Troops for Fitness instructor in 2013.
- Michael is also heavily involved with our Home Bodies program, and his virtual work out videos can be found on our social media platforms @SAParksandRec
- Michael is motivated by bringing out the best in his participants. He enjoys watching participants grow both physically and mentally.
- “If you want to become the best version of you and challenge yourself, come be a part of something great in any of my classes!” - Michael Jones



### Class Schedule

Class Name	Indoor / Outdoor	Location	Day(s)	Time
Low Impact Circuit	Outdoor	Lou Kardon Park	Monday	9:00 am
Low Impact Circuit	Outdoor	Normoyle Park	Monday	11:00 am
Boot Camp	Outdoor	Woodlawn Lake Park	Monday	6:30 pm
CoRE	Outdoor	Woodlawn Lake Park	Monday	7:30 pm
Circuit Training	Outdoor	Bonnie Conner Park	Tuesday	5:30 pm
Interval Training	Outdoor	Bonnie Conner Park	Tuesday	6:30 pm
Circuit Training	Outdoor	Highland Park	Wednesday	6:00 pm
Interval Training	Outdoor	Highland Park	Wednesday	7:00 pm
SPEAR Training	Outdoor	Woodlawn Lake Park	Thursday	6:30 pm
Interval Training	Outdoor	Woodlawn Lake Park	Thursday	7:30 pm
SPEAR Training	Outdoor	McAllister Park	Saturday	9:00 am
Circuit Training	Outdoor	McAllister Park	Saturday	10:00 am



# Fitness Disciplines

In order to better serve you, we have categorized targeted classes into the following fitness disciplines. This categorization will allow us to potentially offer substitutions when necessary.

## FLEXIBILITY

Classes categorized as flexibility class revolve around stretching as well as slow and controlled movement.

## CORE

Concerned about your posture? These exercises focus on working abdominal muscles and muscles around the torso.

## STRENGTH

Geared towards increasing strength, expect to feel your muscles burn and your body to sweat with these high intensity exercises.

## CARDIO

Prepare to sweat! Join these activities that keep your heart rate elevated.

## LOW IMPACT

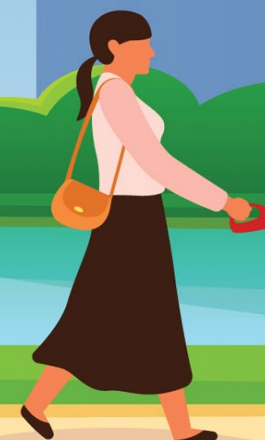
Need less intense options? These classes include more gentle movements that are effective on a variety of mobility and balance abilities.



# COVID-19 Safety Protocols

- **Do not use parks, trails, amenities, or participate in fitness classes if you are exhibiting symptoms**
- **Observe CDC's recommended social distancing of 6ft from other persons at all times**
- **Face coverings recommended but not required for outdoor classes**
- **Equipment will not be shared between participants during class**
- **All equipment will be sanitized by the instructor at the end of each class**
- **Limited capacity at indoor classes**
- **Participants will need to reserve a spot for indoor classes at**

**[www.saparksandrec.com](http://www.saparksandrec.com)**



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# Strength

**Family Fun Fitness** classes are a full body family-friendly workout that includes cardio and strength training exercises. Families with kids ages 5 and up will have fun while getting active and fit! **Boot Camp** classes are moderate to high intensity and designed to build strength and cardio fitness levels. Exercises are a mix of strength training and high intensity cardio intervals. Boot Camp workouts will challenge every muscle in your body.

**Circuit Training** classes are moderate intensity and include a variety of exercises geared towards increasing endurance, power, strength, stamina, and speed. The goal of each class is to provide a total body workout. An exercise "Circuit" refers to one completion of all prescribed exercises in the program.

**Interval Training** includes many of the same movements that comprise a boot camp or circuit training session. Interval training is unique due to the way in which the exercise is prescribed. Typically, participants will engage in an exercise for bursts of high intensity or effort followed by a short period of lower intensity movement. This pattern is repeated throughout the session resulting in a complete body workout. Interval Training classes are extremely high intensity & will burn a high number of calories!

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Cross Training	18 +	Indoor	Garza Park	Mon / Wed / Fri	5:30 pm	Garza Community Center	<b>*No class 3/8, 3/10, &amp; 3/12</b>
Boot Camp	18 +	Indoor	Enrique Barrera Fitness Center	Monday	6:00 pm	Fitness Center	
Boot Camp	18 +	Outdoor	Woodlawn Lake Park	Monday	6:30 pm	Woodlawn Lake Gym	
Interval Training	18 +	Outdoor	Walker Ranch Park	Monday	7:00 pm	Pavilion	
Boot Camp	18 +	Outdoor	Miller's Pond Park	Tuesday	9:30 am	Pavilion	
Interval Training	18 +	Indoor	Enrique Barrera Fitness Center	Tues / Thurs	12:00 pm	Fitness Center	
Family Fun Fitness	5 +	Outdoor	Margil Elementary School Park	Tuesday	4:30 pm	School Park	
Circuit Training	12 +	Outdoor	Bonnie Conner Park	Tuesday	5:30 pm	Igo Library parking lot	
Interval Training	18 +	Outdoor	Elmendorf Lake Park	Tuesday	6:00 pm	Outdoor restrooms	
Boot Camp	18 +	Outdoor	Olympia Park	Tuesday	6:00 pm	Pavilion	
Circuit Training	18 +	Indoor	Enrique Barrera Fitness Center	Tuesday	6:00 pm	Fitness Center	
Interval Training	12 +	Outdoor	Bonnie Conner Park	Tuesday	6:30 pm	Igo Library parking lot	
Beginner Circuit <i>Hosted by the Village at Incarnate Word</i>	18 +	Outdoor	Harlandale Park	Tuesday	6:30 pm	Baseball field	
Interval Training	18 +	Outdoor	Hardberger Park (Blanco Rd)	Wednesday	9:00 am	Playground	





# Strength

**Dumbbell Explosion** classes will test your muscular strength & endurance with fast-paced and challenging exercises using a pair of dumbbells. **Walking Circuit** classes will combine fitness walking with circuit training stations so that participants will get a full body strength workout with added cardio in between stations.

**SPEAR** (Strength Power Endurance and Resistance) Training classes follow the CrossFit methodology and include constantly varied functional movements performed at high intensity. The exercises are core strength and conditioning based with workouts being task or time based. These movements reflect the best aspects of gymnastics, weightlifting, running, throwing, and more. This fitness discipline is diverse and productive. These exercises are designed for all fitness levels! Classes instructed by a CF-L1 Trainer.

	Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
NEW	Boot Camp	18 +	Outdoor	Main Plaza	Wednesday	12:00 pm	San Fernando Cathedral	
	Circuit Training	18 +	Outdoor	Highland Park	Wednesday	6:00 pm	Outdoor basketball court	
	Interval Training	18 +	Outdoor	Highland Park	Wednesday	7:00 pm	Outdoor basketball court	
	Dumbbell Explosion	18 +	Indoor	Enrique Barrera Fitness Center	Thursday	6:00 pm	Fitness Center	
	Circuit Training	18 +	Outdoor	Golden Community Park	Thursday	6:00 pm	Pavilion	
	SPEAR Training	18 +	Outdoor	Woodlawn Lake Park	Thursday	6:30 pm	Woodlawn Lake Gym	
	Interval Training	18 +	Outdoor	Woodlawn Lake Park	Thursday	7:30 pm	Woodlawn Lake Gym	
NEW	Boot Camp	18 +	Outdoor	San Pedro Springs Park	Friday	5:30 pm	Field near McFarlin Tennis Center	
	Bodyweight Strength	18 +	Outdoor	O.P. Schnabel Park	Saturday	9:00 am	Graff Pavilion	
NEW	SPEAR Training	18 +	Outdoor	McAllister Park	Saturday	9:00 am	Turkey Roost Pavilion	
	Boot Camp	18 +	Outdoor	Pearsall Park	Saturday	9:00 am	Pavilion	
NEW	Circuit Training	18 +	Outdoor	McAllister Park	Saturday	10:00 am	Turkey Roost Pavilion	
	Boot Camp	18 +	Outdoor	Southside Lions Park	Sunday	9:00 am	Outdoor fitness equipment	
	Walking Circuit	18 +	Outdoor	Dellcrest Park	Sunday	10:30 am	Playground	



Bonnie Conner Park



Barrera Fitness Center



Elmendorf Lake Park



# Core

**Core Training** classes will blast your abs by performing specific exercises to strengthen the muscles. These moderate intensity classes will have you feeling the burn! **Core Rhythms** will take your ab workout to the next level by synergizing ab exercises to the energy packed beat of the music!

**CoRE** class is a combination of core training exercises with respiratory endurance exercises to get a total core workout. Class will be modeled after the U.S. Army Physical Readiness Training (PRT) philosophy and techniques.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
CoRE	18 +	Outdoor	Woodlawn Lake Park	Monday	7:30 pm	Woodlawn Lake Gym	
Core Rhythms	18 +	Indoor	Harlandale Park	Tuesday	6:00 pm	Harlandale Community Center	<b>*No class 3/9</b>
Core Training	18 +	Outdoor	Elmendorf Lake Park	Tuesday	7:00 pm	Outdoor restrooms	
Core Training	18 +	Outdoor	Olympia Park	Tuesday	7:00 pm	Pavilion	
Core Rhythms	18 +	Indoor	Woodard Park	Thursday	6:00 pm	Woodard Community Center	<b>*No class 3/11 &amp; 3/18</b>
Core Training	18 +	Outdoor	Golden Community Park	Thursday	7:00 pm	Pavilion	
Core Training	18 +	Outdoor	Pearsall Park	Saturday	10:00 am	Pavilion	



Woodard Park



Harlandale Park



# Low Impact

**Low Impact Circuit** workouts are a great way to get active while reducing the risk of injury with exercises that are less strenuous on the joints. Low Impact Circuit Training classes are moderate intensity, but without high impact exercises such as sprinting & jumping.

**Beginner Fitness** is a perfect place to start your fitness journey. This class will utilize bodyweight and light resistance band exercises to help introduce fitness to participants and help them feel comfortable exercising.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Low Impact Circuit	18 +	Outdoor	Lou Kardon Park	Monday	9:00 am	Playground	
Low Impact Circuit	18 +	Outdoor	Normoyle Park	Monday	11:00 am	FitLot outdoor fitness station	
Beginner Fitness	18 +	Outdoor	Labor Street Park	Thursday	8:30 am	Playground	



Parman Library



Lou Kardon Park

# Cardio

Cardio is short for cardiovascular exercise. Cardio exercises can vary greatly, but the primary goal of the movements are to increase blood circulation throughout the body and raise heart rate.

**Cardio Fit** classes will get participants’ hearts pumping with rhythmic aerobic exercises and strength training interval based routines.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Cardio Fit	18 +	Outdoor	Walker Ranch Park	Monday	6:00 pm	Pavilion	
Cardio Fit	18 +	Outdoor	Parman Library	Thurs	10:00 am	Amphitheater by main entrance	
Cardio Fit	18 +	Indoor	Enrique Barrera Fitness Center	Friday	9:30 am	Fitness Center	



# Flexibility

**Yoga** classes will exercise your mind, body, and soul. Yoga helps reduce stress and anxiety, improve flexibility, and strengthen respiratory functions.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Yoga	18 +	Indoor	Monterrey Park	Tuesday	5:00 pm	Melendrez Community Center	<b>*No class 3/9 &amp; 3/16</b>
<b>NEW</b> Yoga	18 +	Indoor	Enrique Barrera Fitness Center	Tuesday	5:00 pm	Fitness Center	<b>3/9 &amp; 3/16 Only</b>
Yoga	18 +	Indoor	Enrique Barrera Fitness Center	Wednesday	5:00 pm	Fitness Center	
Yoga	18 +	Outdoor	Parman Library	Thursday	11:00 am	Amphitheater by main entrance	



Barrera Fitness Center



Monterrey Park



# Zumba

Working out doesn't feel like work when you're having fun. Dance, through **Zumba**, is a fun and engaging exercise that allows you to burn calories, improve tone and increase your endurance. Our Zumba classes always feel like a party. Join us and party yourself into shape.

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Zumba	8 +	Indoor	Southside Lions Park	Monday	6:00 pm	Southside Lions Community Center	*No class 3/8 & 3/15
Zumba	8 +	Indoor	Harlandale Park	Tuesday	7:00 pm	Harlandale Community Center	*No class 3/9
Zumba	8 +	Indoor	Woodard Park	Thursday	7:00 pm	Woodard Community Center	*No class 3/11 & 3/18
Zumba	8 +	Indoor	Copernicus Park	Saturday	10:30 am	Copernicus Community Center	



Southside Lions Park



# Dance Fitness

Dance is a great way to work on your overall fitness. It improves your cardiovascular endurance, muscular strength and balance. With a wide variety of dance classes including line dancing, Hip Hop, and Hula Dance. We have something for everyone!

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Hula Dance	6 +	Indoor	LBJ Park	Mon / Wed	6:00 pm	Lou Hamilton Community Center	<b>*No class 3/8 &amp; 3/10</b>
Hip Hop Dance	12 +	Indoor	LBJ Park	Monday	7:00 pm	Lou Hamilton Community Center	<b>*No class 3/8</b>
Line Dance	18 +	Outdoor	Brackenridge Park	Thursday	9:00 am	Koehler Pavilion	
Hip Hop Dance	12 +	Indoor	Woodard Park	Thursday	7:30 pm	Woodard Community Center	<b>*No class 3/11 &amp; 3/18</b>
Hip Hop Dance	12 +	Indoor	Copernicus Park	Saturday	10:30 am	Copernicus Community Center	<b>*No class 3/13</b>
Mo' Dancing	18 +	Indoor	Garza Park	Saturday	12:00 pm	Garza Community Center	



LBJ Park



# Aqua Fitness

Aqua Fitness classes include the exciting pool party you don't want to miss, **Aqua Zumba**. **Water Aerobics** classes are a great low impact workout, in shallow water, using the resistance of the water to produce a full body workout.



San Antonio Natatorium

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Water Aerobics	18 +	Indoor	San Antonio Natatorium	Mon / Wed / Fri	12:00 pm	Recreation pool	
Aqua Zumba	15 +	Indoor	San Antonio Natatorium	Saturday	11:00 am	Recreation pool	

# Other Fitness Opportunities

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Stroller Barre <i>Hosted by Fit4MOM North San Antonio</i>	18 +	Outdoor	Hardberger Park (Blanco Rd)	Tuesday March 2	9:30 am	Playground	1st Tuesday of the month Participants must reserve a spot at <a href="https://northsanantonio.fit4mom.com/schedule">https://northsanantonio.fit4mom.com/schedule</a>
Walking Group	11 +	Outdoor	Miller's Pond Park	Tue / Thurs	6:00 pm	Miller's Pond Community Center	<b>*No class 3/9 &amp; 3/11</b>
Home School PE	4—17	Indoor	Enrique Barrera Fitness Center	Friday	1:00 pm	Fitness Center	
 Running Group	18 +	Outdoor	San Pedro Springs Park	Friday	6:30 pm	Field near McFarlin Tennis Center	
Volleyball Conditioning	7—15	Indoor	Copernicus Park	Saturday	2:30 pm	Copernicus Community Center	



# Net Sports

Whether you're new to tennis or just want to brush up on your skills, our non-competitive tennis sessions hosted by San Antonio Learning Through Tennis (SALTT) and the San Antonio Tennis Association (SATA) are perfect for those that want to get back into the "swing" of things. For a variation on traditional tennis, try one of the fastest growing sports in America—Pickleball!



LBJ Park



San Pedro Springs Park

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place	Notes
Beginner Tennis <i>Hosted by SALTT</i>	6 +	Outdoor	Fairchild Park	Wednesday	6:00 pm	Fairchild Tennis Center courts 14-15	
Beginner Tennis <i>Hosted by SATA</i>	6 +	Outdoor	San Pedro Springs Park	Thursday	5:30 pm	McFarlin Tennis Center courts 17-19	
Pickleball	10 +	Indoor	LBJ Park	Saturday	9:00 am	Lou Hamilton Community Center	



Fairchild Park





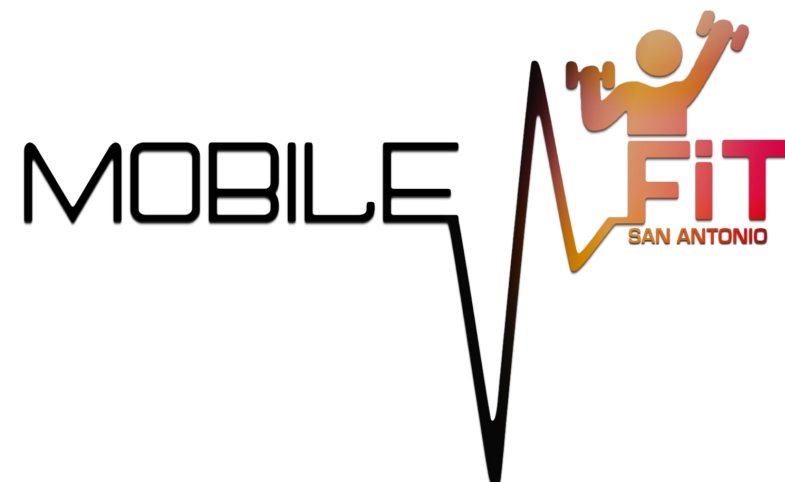
# Mobile Fit Classes

We are taking fitness on the road with the Mobile Fit Vehicle! Join us at one of these special classes as we visit parks around the city. Get a great workout, and a free health screening at any of our Mobile Fit classes. The Mobile Fit comes equipped with an InBody scale which analyzes your body composition. Our InBody scales use bioelectric impedance analysis (BIA) to provide accurate and precise direct measurements of the entire body and a detailed breakdown of your weight in terms of muscle, fat, and water. The Mobile Fit Vehicle is also equipped with an interactive video gaming system, so the whole family can enjoy gaming and fitness combined!

Class Name	Ages	Indoor / Outdoor	Location	Day(s)	Time	Meeting Place
Boot Camp	18 +	Outdoor	Labor Street Park	Monday, March 1	5:30 pm	Mobile Fit
Kickboxing	18 +	Outdoor	Dafoste Park	Wednesday, March 3	6:00 pm	Mobile Fit
Circuit Training	18 +	Outdoor	Mendoza Park	Friday, March 5	9:00 am	Mobile Fit
Cardio Fit	18 +	Outdoor	Arnold Park	Tuesday, March 9	2:00 pm	Mobile Fit
Low Impact Circuit	18 +	Outdoor	Las Palmas Park	Thursday, March 11	10:00 am	Mobile Fit
Interval Training	18 +	Outdoor	Tom Slick Park	Saturday, March 13	9:00 am	Mobile Fit
Boot Camp	18 +	Outdoor	Sunset Hills Park	Monday, March 15	5:30 pm	Mobile Fit
Kickboxing	18 +	Outdoor	Springtime Park	Wednesday, March 17	6:00 pm	Mobile Fit
Circuit Training	18 +	Outdoor	Oakhaven Park	Friday, March 19	9:00 am	Mobile Fit
Cardio Fit	18 +	Outdoor	Northridge Park	Tuesday, March 23	2:00 pm	Mobile Fit
Low Impact Circuit	18 +	Outdoor	Labor Street Park	Thursday, March 25	10:00 am	Mobile Fit
Interval Training	18 +	Outdoor	Dafoste Park	Saturday, March 27	9:00 am	Mobile Fit



Lou Kardon Park



Woodlawn Lake Park



The San Antonio Parks and Recreation Department is proud to offer Troops for Fitness, which is a series of fitness classes taught by skilled military veterans.

The Following Fitness in the Park classes found within this schedule are official Troops for Fitness classes:

- **Circuit Training**

McAllister Park  
Lou Kardon Park  
Normoyle Park  
Highland Park  
Bonnie Conner Park

- **Boot Camp**

Woodlawn Lake Park

- **Interval Training**

Woodlawn Lake Park  
Highland Park  
Bonnie Conner Park

- **SPEAR**

Woodlawn Lake Park  
McAllister Park

- **Core Training**


Woodlawn Lake Park

- **Yoga**



Monterrey Park







Monday March 1	Tuesday March 2	Wednesday March 3	Thursday March 4	Friday March 5	Saturday March 6
<p>9:00 am <b>Low Impact Circuit</b> Lou Kardon Park</p> <p>11:00 am <b>Low Impact Circuit</b> Normoyle Park</p> <p>12:00 pm <b>Water Aerobics</b> San Antonio Natatorium</p> <p>5:30 pm <b>Cross Training</b> Garza Park <b>Boot Camp</b> Labor Street Park</p> <p>6:00 pm <b>Boot Camp</b> Barrera FC <b>Cardio Fit</b> Walker Ranch Park <b>Zumba</b> Southside Lions Park <b>Hula Dance</b> LBJ Park</p> <p>6:30 pm <b>Boot Camp</b> Woodlawn Lake Park</p> <p>7:00 pm <b>Interval Training</b> Walker Ranch Park <b>Hip Hop Dance</b> LBJ Park</p> <p>7:30 pm <b>CoRE</b> Woodlawn Lake Park</p>	<p>9:30 am <b>Boot Camp</b> Miller's Pond Park <b>Stroller Barre</b> Hardberger Park (Blanco Rd)</p> <p>12:00 pm <b>Interval Training</b> Barrera FC</p> <p>4:30 pm <b>Family Fun Fitness</b> Margil Elementary School Park</p> <p>5:00 pm <b>Yoga</b> Monterrey Park</p> <p>5:30 pm <b>Circuit Training</b> Bonnie Conner Park</p> <p>6:00 pm <b>Interval Training</b> Elmendorf Lake Park <b>Boot Camp</b> Olympia Park <b>Circuit Training</b> Barrera FC <b>Core Rhythms</b> Harlandale Park <b>Walking Group</b> Miller's Pond Park</p> <p>6:30 pm <b>Interval Training</b> Bonnie Conner Park <b>Beginner Circuit</b> Harlandale Park</p> <p>7:00 pm <b>Core Training</b> Elmendorf Lake Park <b>Core Training</b> Olympia Park <b>Zumba</b> Harlandale Park</p>	<p>9:00 am <b>Interval Training</b> Hardberger Park (Blanco Rd)</p> <p>12:00 pm <b>Boot Camp</b> Main Plaza <b>Water Aerobics</b> San Antonio Natatorium</p> <p>5:00 pm <b>Yoga</b> Barrera FC</p> <p>5:30 pm <b>Cross Training</b> Garza Park</p> <p>6:00 pm <b>Circuit Training</b> Highland Park <b>Hula Dance</b> LBJ Park <b>Beginner Tennis</b> Fairchild Park <b>Kickboxing</b> Dafoste Park</p> <p>7:00 pm <b>Interval Training</b> Highland Park</p>	<p>8:30 am <b>Beginner Fitness</b> Labor Street Park</p> <p>9:00 am <b>Line Dance</b> Brackenridge Park</p> <p>10:00 am <b>Cardio Fit</b> Parman Library</p> <p>11:00 am <b>Yoga</b> Parman Library</p> <p>12:00 pm <b>Interval Training</b> Barrera FC</p> <p>5:30 pm <b>Beginner Tennis</b> San Pedro Springs Park</p> <p>6:00 pm <b>Dumbbell Explosion</b> Barrera FC <b>Circuit Training</b> Golden Community Park <b>Core Rhythms</b> Woodard Park <b>Walking Group</b> Miller's Pond Park</p> <p>6:30 pm <b>SPEAR Training</b> Woodlawn Lake Park</p> <p>7:00 pm <b>Core Training</b> Golden Community Park <b>Zumba</b> Woodard Park</p> <p>7:30 pm <b>Interval Training</b> Woodlawn Lake Park <b>Hip Hop Dance</b> Woodard Park</p>	<p>9:00 am <b>Circuit Training</b> Mendoza Park</p> <p>9:30 am <b>Cardio Fit</b> Barrera FC</p> <p>12:00 pm <b>Water Aerobics</b> San Antonio Natatorium</p> <p>1:00 pm <b>Home School PE</b> Barrera FC</p> <p>5:30 pm <b>Cross Training</b> Garza Park <b>Boot Camp</b> San Pedro Springs Park</p> <p>6:30 pm <b>Running Group</b> San Pedro Springs Park</p>	<p>9:00 am <b>Bodyweight Strength</b> O.P. Schnabel Park <b>SPEAR Training</b> McAllister Park <b>Boot Camp</b> Pearsall Park</p> <p>10:00 am <b>Circuit Training</b> McAllister Park <b>Core Training</b> Pearsall Park</p> <p>10:30 am <b>Zumba</b> Copernicus Park <b>Hip Hop Dance</b> Copernicus Park</p> <p>11:00 am <b>Aqua Zumba</b> San Antonio Natatorium</p> <p>12:00 pm <b>Mo' Dancing</b> Garza Park</p>
<div>  <p>Home Bodies @ SAparksandRec</p> </div>					<div> <p><b>Sunday March 7</b></p> <p>9:00 am <b>Boot Camp</b> Southside Lions Park</p> <p>10:30 am <b>Walking Circuit</b> Dellcrest Park</p> </div> <div>  <p>Home Bodies @ SAparksandRec</p> <p><b>LIVE AT 9AM</b></p> </div>






Monday March 8	Tuesday March 9	Wednesday March 10	Thursday March 11	Friday March 12	Saturday March 13
9:00 am <b>Low Impact Circuit</b> Lou Kardon Park 11:00 am <b>Low Impact Circuit</b> Normoyle Park 12:00 pm <b>Water Aerobics</b> San Antonio Natatorium 6:00 pm <b>Boot Camp</b> Barrera FC <b>Cardio Fit</b> Walker Ranch Park 6:30 pm <b>Boot Camp</b> Woodlawn Lake Park 7:00 pm <b>Interval Training</b> Walker Ranch Park 7:30 pm <b>CoRE</b> Woodlawn Lake Park	9:30 am <b>Boot Camp</b> Miller's Pond Park 12:00 pm <b>Interval Training</b> Barrera FC 2:00 pm <b>Cardio Fit</b> Arnold Park 4:30 pm <b>Family Fun Fitness</b> Margil Elementary School Park 5:00 pm <b>Yoga</b> Barrera FC 5:30 pm <b>Circuit Training</b> Bonnie Conner Park 6:00 pm <b>Interval Training</b> Elmendorf Lake Park <b>Boot Camp</b> Olympia Park <b>Circuit Training</b> Barrera FC 6:30 pm <b>Interval Training</b> Bonnie Conner Park <b>Beginner Circuit</b> Harlandale Park 7:00 pm <b>Core Training</b> Elmendorf Lake Park <b>Core Training</b> Olympia Park	9:00 am <b>Interval Training</b> Hardberger Park (Blanco Rd) 12:00 pm <b>Boot Camp</b> Main Plaza <b>Water Aerobics</b> San Antonio Natatorium 5:00 pm <b>Yoga</b> Barrera FC 6:00 pm <b>Circuit Training</b> Highland Park <b>Beginner Tennis</b> Fairchild Park 7:00 pm <b>Interval Training</b> Highland Park	8:30 am <b>Beginner Fitness</b> Labor Street Park 9:00 am <b>Line Dance</b> Brackenridge Park 10:00 am <b>Cardio Fit</b> Parman Library <b>Low Impact Circuit</b> Las Palmas Park 11:00 am <b>Yoga</b> Parman Library 12:00 pm <b>Interval Training</b> Barrera FC 5:30 pm <b>Beginner Tennis</b> San Pedro Springs Park 6:00 pm <b>Dumbbell Explosion</b> Barrera FC <b>Circuit Training</b> Golden Community Park 6:30 pm <b>SPEAR Training</b> Woodlawn Lake Park 7:00 pm <b>Core Training</b> Golden Community Park 7:30 pm <b>Interval Training</b> Woodlawn Lake Park	9:30 am <b>Cardio Fit</b> Barrera FC 12:00 pm <b>Water Aerobics</b> San Antonio Natatorium 1:00 pm <b>Home School PE</b> Barrera FC 5:30 pm <b>Boot Camp</b> San Pedro Springs Park 6:30 pm <b>Running Group</b> San Pedro Springs Park	Sunday March 14
<div>   </div> <div> Home Bodies @ SAparksandRec </div> <div> LIVE AT 9AM </div>					9:00 am <b>Boot Camp</b> Southside Lions Park 10:30 am <b>Walking Circuit</b> Dellcrest Park



Monday March 15	Tuesday March 16	Wednesday March 17	Thursday March 18	Friday March 19	Saturday March 20
<p>9:00 am <b>Low Impact Circuit</b> Lou Kardon Park</p> <p>11:00 am <b>Low Impact Circuit</b> Normoyle Park</p> <p>12:00 pm <b>Water Aerobics</b> San Antonio Natatorium</p> <p>5:30 pm <b>Cross Training</b> Garza Park <b>Boot Camp</b> Sunset Hills Park</p> <p>6:00 pm <b>Boot Camp</b> Barrera FC <b>Cardio Fit</b> Walker Ranch Park <b>Zumba</b> Southside Lions Park <b>Hula Dance</b> LBJ Park</p> <p>6:30 pm <b>Boot Camp</b> Woodlawn Lake Park</p> <p>7:00 pm <b>Interval Training</b> Walker Ranch Park <b>Hip Hop Dance</b> LBJ Park</p> <p>7:30 pm <b>CoRE</b> Woodlawn Lake Park</p>	<p>9:30 am <b>Boot Camp</b> Miller's Pond Park</p> <p>12:00 pm <b>Interval Training</b> Barrera FC</p> <p>4:30 pm <b>Family Fun Fitness</b> Margil Elementary School Park</p> <p>5:00 pm <b>Yoga</b> Barrera FC</p> <p>5:30 pm <b>Circuit Training</b> Bonnie Conner Park</p> <p>6:00 pm <b>Interval Training</b> Elmendorf Lake Park <b>Boot Camp</b> Olympia Park <b>Circuit Training</b> Barrera FC <b>Core Rhythms</b> Harlandale Park <b>Walking Group</b> Miller's Pond Park</p> <p>6:30 pm <b>Interval Training</b> Bonnie Conner Park <b>Beginner Circuit</b> Harlandale Park</p> <p>7:00 pm <b>Core Training</b> Elmendorf Lake Park <b>Core Training</b> Olympia Park <b>Zumba</b> Harlandale Park</p>	<p>9:00 am <b>Interval Training</b> Hardberger Park (Blanco Rd)</p> <p>12:00 pm <b>Boot Camp</b> Main Plaza <b>Water Aerobics</b> San Antonio Natatorium</p> <p>5:00 pm <b>Yoga</b> Barrera FC</p> <p>5:30 pm <b>Cross Training</b> Garza Park</p> <p>6:00 pm <b>Circuit Training</b> Highland Park <b>Hula Dance</b> LBJ Park <b>Beginner Tennis</b> Fairchild Park <b>Kickboxing</b> Springtime Park</p> <p>7:00 pm <b>Interval Training</b> Highland Park</p>	<p>8:30 am <b>Beginner Fitness</b> Labor Street Park</p> <p>9:00 am <b>Line Dance</b> Brackenridge Park</p> <p>10:00 am <b>Cardio Fit</b> Parman Library</p> <p>11:00 am <b>Yoga</b> Parman Library</p> <p>12:00 pm <b>Interval Training</b> Barrera FC</p> <p>5:30 pm <b>Beginner Tennis</b> San Pedro Springs Park</p> <p>6:00 pm <b>Dumbbell Explosion</b> Barrera FC <b>Circuit Training</b> Golden Community Park <b>Walking Group</b> Miller's Pond Park</p> <p>6:30 pm <b>SPEAR Training</b> Woodlawn Lake Park</p> <p>7:00 pm <b>Core Training</b> Golden Community Park</p> <p>7:30 pm <b>Interval Training</b> Woodlawn Lake Park</p>	<p>9:00 am <b>Circuit Training</b> Oakhaven Park</p> <p>9:30 am <b>Cardio Fit</b> Barrera FC</p> <p>12:00 pm <b>Water Aerobics</b> San Antonio Natatorium</p> <p>1:00 pm <b>Home School PE</b> Barrera FC</p> <p>5:30 pm <b>Cross Training</b> Garza Park <b>Boot Camp</b> San Pedro Springs Park</p> <p>6:30 pm <b>Running Group</b> San Pedro Springs Park</p>	<p>9:00 am <b>Bodyweight Strength</b> O.P. Schnabel Park <b>SPEAR Training</b> McAllister Park <b>Boot Camp</b> Pearsall Park <b>Pickleball</b> LBJ Park</p> <p>10:00 am <b>Circuit Training</b> McAllister Park <b>Core Training</b> Pearsall Park</p> <p>10:30 am <b>Zumba</b> Copernicus Park <b>Hip Hop Dance</b> Copernicus Park</p> <p>11:00 am <b>Aqua Zumba</b> San Antonio Natatorium</p> <p>12:00 pm <b>Mo' Dancing</b> Garza Park</p> <p>2:30 pm <b>Volleyball Conditioning</b> Copernicus Park</p>
<div>  <p>Home Bodies @ SAparksandRec</p> </div>					<div> <p><b>Sunday March 21</b></p> <p>9:00 am <b>Boot Camp</b> Southside Lions Park</p> <p>10:30 am <b>Walking Circuit</b> Dellcrest Park</p> </div>
<div>  <p>Home Bodies @ SAparksandRec</p> <p><b>LIVE AT 9AM</b></p> </div>					



Monday March 22	Tuesday March 23	Wednesday March 24	Thursday March 25	Friday March 26	Saturday March 27
<p>9:00 am <b>Low Impact Circuit</b> Lou Kardon Park</p> <p>11:00 am <b>Low Impact Circuit</b> Normoyle Park</p> <p>12:00 pm <b>Water Aerobics</b> San Antonio Natatorium</p> <p>5:30 pm <b>Cross Training</b> Garza Park</p> <p>6:00 pm <b>Boot Camp</b> Barrera FC <b>Cardio Fit</b> Walker Ranch Park <b>Zumba</b> Southside Lions Park <b>Hula Dance</b> LBJ Park</p> <p>6:30 pm <b>Boot Camp</b> Woodlawn Lake Park</p> <p>7:00 pm <b>Interval Training</b> Walker Ranch Park</p> <p><b>Hip Hop Dance</b> LBJ Park</p> <p>7:30 pm <b>CoRE</b> Woodlawn Lake Park</p>	<p>9:30 am <b>Boot Camp</b> Miller's Pond Park</p> <p>12:00 pm <b>Interval Training</b> Barrera FC</p> <p>2:00 pm <b>Cardio Fit</b> Northridge Park</p> <p>4:30 pm <b>Family Fun Fitness</b> Margil Elementary School Park</p> <p>5:00 pm <b>Yoga</b> Monterrey Park</p> <p>5:30 pm <b>Circuit Training</b> Bonnie Conner Park</p> <p>6:00 pm <b>Interval Training</b> Elmendorf Lake Park <b>Boot Camp</b> Olympia Park <b>Circuit Training</b> Barrera FC <b>Core Rhythms</b> Harlandale Park <b>Walking Group</b> Miller's Pond Park</p> <p>6:30 pm <b>Interval Training</b> Bonnie Conner Park <b>Beginner Circuit</b> Harlandale Park</p> <p>7:00 pm <b>Core Training</b> Elmendorf Lake Park <b>Core Training</b> Olympia Park <b>Zumba</b> Harlandale Park</p>	<p>9:00 am <b>Interval Training</b> Hardberger Park (Blanco Rd)</p> <p>12:00 pm <b>Boot Camp</b> Main Plaza <b>Water Aerobics</b> San Antonio Natatorium</p> <p>5:00 pm <b>Yoga</b> Barrera FC</p> <p>5:30 pm <b>Cross Training</b> Garza Park</p> <p>6:00 pm <b>Circuit Training</b> Highland Park <b>Hula Dance</b> LBJ Park <b>Beginner Tennis</b> Fairchild Park</p> <p>7:00 pm <b>Interval Training</b> Highland Park</p>	<p>8:30 am <b>Beginner Fitness</b> Labor Street Park</p> <p>9:00 am <b>Line Dance</b> Brackenridge Park</p> <p>10:00 am <b>Cardio Fit</b> Parman Library <b>Low Impact Circuit</b> Labor Street Park</p> <p>11:00 am <b>Yoga</b> Parman Library</p> <p>12:00 pm <b>Interval Training</b> Barrera FC</p> <p>5:30 pm <b>Beginner Tennis</b> San Pedro Springs Park</p> <p>6:00 pm <b>Dumbbell Explosion</b> Barrera FC <b>Circuit Training</b> Golden Community Park <b>Core Rhythms</b> Woodard Park <b>Walking Group</b> Miller's Pond Park</p> <p>6:30 pm <b>SPEAR Training</b> Woodlawn Lake Park</p> <p>7:00 pm <b>Core Training</b> Golden Community Park <b>Zumba</b> Woodard Park</p> <p>7:30 pm <b>Interval Training</b> Woodlawn Lake Park <b>Hip Hop Dance</b> Woodard Park</p>	<p>9:30 am <b>Cardio Fit</b> Barrera FC</p> <p>12:00 pm <b>Water Aerobics</b> San Antonio Natatorium</p> <p>1:00 pm <b>Home School PE</b> Barrera FC</p> <p>5:30 pm <b>Cross Training</b> Garza Park <b>Boot Camp</b> San Pedro Springs Park</p> <p>6:30 pm <b>Running Group</b> San Pedro Springs Park</p>	<p>9:00 am <b>Bodyweight Strength</b> O.P. Schnabel Park <b>SPEAR Training</b> McAllister Park <b>Boot Camp</b> Pearsall Park <b>Pickleball</b> LBJ Park <b>Interval Training</b> Dafoste Park</p> <p>10:00 am <b>Circuit Training</b> McAllister Park <b>Core Training</b> Pearsall Park</p> <p>10:30 am <b>Zumba</b> Copernicus Park <b>Hip Hop Dance</b> Copernicus Park</p> <p>11:00 am <b>Aqua Zumba</b> San Antonio Natatorium</p> <p>12:00 pm <b>Mo' Dancing</b> Garza Park</p> <p>2:30 pm <b>Volleyball Conditioning</b> Copernicus Park</p>
<div>   </div> <p>Home Bodies @ SAparksandRec</p>					<div> <div>Sunday March 28</div> <p>9:00 am <b>Boot Camp</b> Southside Lions Park</p> <p>10:30 am <b>Walking Circuit</b> Dellcrest Park</p> </div>
<div>   </div> <p>Home Bodies @ SAparksandRec</p> <p><b>LIVE AT 9AM</b></p>					



